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July 2 HOUSEKEEPERS' CHAT

★ SEP 8 1931 ★

Friday, Sept. 18, 1931

U. S. Department of Agriculture

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(NOT FOR PUBLICATION)

Subject: "Canning Hints." Information from the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Canning Fruits and Vegetables at Home," "Homemade Fruit Butters" and mimeographed directions for canning poultry. Order the last from the Bureau of Home Economics.

---ooOoo---

From all the reports coming in from every state in the union, this is a record year for home canning. Probably more food from the garden and the fields and the orchard is going into jars and cans this summer than at any other season since the War.

Remember how housekeepers worked to save food and prevent waste back in war days? Remember the thrift cry, "Save the surplus"? And remember how it set all of us to putting up every possible fruit in the orchard and vegetable from the garden?

Another emergency year is here and thrifty housewives have turned to canning, preserving and drying to save the products now in season that might otherwise go to waste -- to give a hand in helping prevent a hard winter and lack of food.

But, as the old saying went, many folks are canning now who never canned before. And that has brought up some special problems. Many people are using haphazard methods and all kinds of containers. There are bound to be difficulties, mistakes and questions. Wise home canners whether beginners or old timers, at the job, are following the directions worked out by scientists who have studied the subject. It pays to can correctly. No use taking a chance on endangering the family's health by spoiled canned foods. No use taking a chance on having to throw out food that you have put time and money on.

Today I'm going to answer a few of the questions that have come in recently from these thrifty home canners. And then we'll plan our Sunday dinner. On Monday we'll talk about canning meat and poultry. If you are putting up sausage or chicken or any other meat this fall, please join our circle Monday so that I can tell you what methods the Bureau of Home Economics suggests for safety and success.

The first question today: "Dear Aunt Sammy: Please tell me why the directions for canning always emphasize using fresh, sound products? Isn't it possible to use up the good parts of imperfect fruits or vegetable by

canning them?"

That question deserves a long and thoughtful answer. There's no doubt about the fact that success and safety are surer when you can fresh food straight from the garden. Many of the spoilage bacteria, which form those spores that are so difficult to kill, live in the ground. Naturally they are very likely to get on the surface of fruits and vegetables. Now, if these products stand inside for some days, or even hours, after being picked, the bacteria have a fine opportunity to grow and multiply. So the bacteria will be supplied with all the conditions that most favor their rapid growth — warmth, moisture, darkness and a good food supply. Success in canning is much easier if perfectly fresh vegetables and fruits are promptly canned while there are few bacteria to fight.

For the same reasons, food that is soft, over-ripe, withered, bruised, or slightly moldy or decayed should not be canned. Such fruits and vegetables usually contain a lot of micro-organisms of one kind or another that have either caused the blemishes or increased them. Bruised or over-soft products are easily and quickly attacked by bacteria.

Flavor is another reason for preferring perfect products. Changes take place in an apple, for example, as it ripens and later as it decays that affect both its tartness and its sweetness. Sound, fresh fruit has the best flavor when it is canned. This is the case also with all other fruits and vegetables.

But I'm not suggesting from this that you must throw away all products that aren't perfect. No, indeed, certainly not in this thrifty year. There are ways of using up the culs and the sound portions of inferior fruits --- and some vegetables --- even if it isn't wise to can them. Any moldy or decayed products, however, should be discarded. Fruit butters, jams, marmalades and preserves may often be made successfully from such products. And, in the case of tomatoes, for canning use only those that are firm and ripe, and if possible of medium size. They should be red to the stem end, since green parts produce poor flavor and color. But --- the imperfect tomatoes may be saved and used in ketchup or canned soup or puree.

Second question: "Will you please tell me how to prevent jelly or jam from oozing out over the top of the paraffin? Also, how to keep the paraffin from becoming leaky and loose?"

Answer: When jelly or jam oozes out over the top of the paraffin, this is usually a sign that the glass is not well sealed. There are several ways to prevent this. First of all, pour the jelly into the glasses carefully, so as not to get drops of it on the edge of the glass. Then let the jelly or jam stand until it is thoroughly set, and the surface has dried well before covering with the melted paraffin. If necessary, cover the glasses with cheesecloth and let them stand in the sun for a day or two. After the hot paraffin is poured on the jelly, rotate the glass so that the paraffin runs up to the rim and forms a high ridge. As a final precaution, cover the jelly glasses with tight-fitting metal tops, and store in a cool, dry place.

Third question: "Please tell me how to make vinegar at home from apples and grapes. Also I'd like directions for making grape juice."

Answer: "It would take me too long to give you all that information, much as I'd like to. So I have mailed to you two bulletins giving every detail you'll need. One of the bulletins is on making vinegar. The other is on making unfermented grape juice."

It's time for the menu now. If you have your new green cookbook handy, you can note pages in it as we talk. Several items on the Sunday dinner which we are planning come straight from that cook book.

If some of Uncle Ebenezer's relatives should happen to drop in Sunday morning after church, I sha'n't mind a bit. I believe I'll insist on their staying to dinner with the greatest pleasure for we're having Chicken casserole with vegetables; Brown rice; Fried pineapple; or Broiled peaches; Lettuce salad with Thousand Island dressing; Chocolate ice cream and Bread crumb cake.

The casserole is described on page 24 of the radio recipe book. Chicken baked with a sauce of chopped carrots, celery, onion and green pepper. Delicious and different. Also simple to prepare, and like most casserole dishes, simple to serve. Instead of potatoes, we're having boiled, fluffy brown rice served with a bit of butter and a sprinkle of paprika on top. There's nothing better than rice in my opinion to serve with a chicken dish that has gravy with it. And brown rice is more nourishing than the usual white kind and also something of a novelty.

We'll only mention the broiled peaches and the fried pineapple today. They're old favorites of mine, as you know. I'm inclined sometimes to talk too much about my favorites.

But the bread crumb cake. That is going to have some attention. If you've never tasted it, I'll tell you in advance that it has the nicest macaroon flavor and texture, if crisp bread crumbs are used. It is not only a delicious cake but it is an economy cake ---- a fine way to use up stale bread.

I'll read the recipe.

3 eggs
1 cup of sugar
2 cups of crumbs, from very dry oven-toasted bread.
1/4 teaspoon of cinnamon
1/4 teaspoon of salt
1/4 teaspoon of almond extract, and
1 teaspoon of vanilla

I'll repeat those seven ingredients. (Repeat.)

To make this cake, beat the eggs, add the sugar, and stir in the other ingredients. Put the mixture evenly into a shallow greased pan. Then bake in a very moderate oven (300 degrees F.) for about 30 minutes.

And see if it isn't good with that chocolate ice cream

Monday: "Canning Meat and Poultry."

